



## DAVID FAIRLAMB THE FIT FACTOR

### NUTRITION CORNER

The UK has a coffee culture which in many cases includes a sweet snack eg cake, muffin. Rethink, or before you know it this excess calorie intake will become a habit and lead to weight gain.



Don't miss David's tips every Saturday in your Journal

**T**HIS weeks rare heavy snowfalls and sub-zero temperatures can discourage even the most motivated exercise enthusiast. Without motivation, it's easy to pack away your workout gear until the warmer weather arrives. Whether you train out or indoors you don't have to let the cold weather spoil your fitness routine

#### Have the right kit

THERE is no such thing as bad weather, there are just bad clothing choices, invest in some good quality winter active wear. Layering kit is the tried and tested strategy for maintaining and regulating body temperature, but your layers need to be breathable and wicking so they trap heat, not sweat.

Keep dry by opting for a lightweight water-resistant jacket which keeps the rain off and protects you from that biting wind.

#### Be seen

IF you are running in darkness, it's reflective clothing and lights that will ensure you are seen by drivers, cyclists and pedestrians. Look for garments with reflectivity on the arms and legs, rather than the torso, as moving parts are easier to spot.

It's hugely important to invest in your own safety.

#### Join a class

THERE will be times when you just want to sit in the warmth at home and the last thing on your mind is to exercise. Joining a group fitness session will inspire you to train, as you won't want to let the others attending the class or the trainer down.

Our Beach Bootcamp has been running for 10 years and we have never cancelled a session.

#### How good could you feel?

MOTIVATE yourself to train by remembering how great you will feel afterwards. Exercising on snowy, cold days will actually help boost your body's feel good endorphins which help alleviate those winter blues.

Exercising has been found to boost your body's serotonin and stress response to help induce a natural state of calm.

#### Train at Home

COLD weather outside does not mean you can't exercise, even if you don't have a gym membership. You can easily work out at home with just using your body weight.

Exercises such as running on the spot, squats, lunges and press ups can give you a great workout and feel-good factor.

#### Drink water

DRINKING enough water is just as important during cold weather as it is in the heat. Make sure you keep hydrated before, during and after your workout, even if you're not really thirsty.

#### Try something different

THE severe weather may well have led to your usual class being cancelled, why not try something completely new eg indoor climbing, yoga, Beach Bootcamp this can often spark you into a more regular varied forms of exercise.

#### Think out the box

INSTEAD of worrying about not being able to train, make use of the time eg spend time to analyse how you could improve your food, at least you feel you have been productive and have made some positive changes.

Whatever happens, try to embrace your training through all weather conditions rather than hibernate.



### Motivational quote of the day

**Summer bodies  
are made in the  
winter**

### FITNESS TIP

**You should never be cold when you are training/walking outside, it is simply down to incorrect clothing. Do some research and buy kit according to the type of exercise you do.**